

What is Claimed is:

1. A cast net having a substantially circular net portion, the circumference of which is defined by a lead line, which is secured to the net portion, the center of the net portion defining an apex, a throw line one terminal end of which is attached to the apex, the improvement which comprises;
attaching a flexible cuff to the end of throw line opposite the apex, wherein the flexible cuff is adapted to engage the wrist of a person throwing the cast net and secure the throw line to a users wrist..
2. The cast net of claim 1 wherein the flexible cuff comprises a loop of a flexible elastic material.
3. The cast net of claim 2 wherein the flexible cuff comprises an elastic band.
4. The cast net of claim 3 wherein the elastic band has a circular cross section.
5. The cast net of claim 3 wherein the elastic band has a rectangular cross section.
6. The cast net of claim 3 wherein elastic band is formed from a flexible, cellular, polymeric material.
7. The cast net of claim 4 wherein elastic band is formed from a flexible, cellular, polymeric material.
8. The cast net of claim 5 wherein elastic band is formed from a flexible, cellular polymeric material.

9. The cast net of claim 3 wherein at least one surface of the elastic band comprises a stretchable textile material.
10. The cast net of claim 5 wherein at least one surface of the elastic band comprises a stretchable textile material.
11. The cast net of claim 6 wherein at least one surface of the elastic band comprises a stretchable textile material.
12. The cast net of claim 7 wherein at least one surface of the elastic band comprises a stretchable textile material.
13. The cast net of claim 8 wherein at least one surface of the elastic band comprises a stretchable textile material.
14. The cast net of claim 6 wherein the cellular polymeric material is closed cell and has a stretch factor of about 50%.
15. The cast net of claim 7 wherein the cellular polymeric material is closed cell, and has a stretch factor of about 50%.
16. The cast net of claim 8 wherein the cellular polymeric is closed cell and has a stretch factor of about 50%.
17. The cast net of claim 12 wherein the cellular polymeric material is closed cell and has a stretch factor of about 50%.
18. The cast net of claim 13 wherein the cellular polymeric material is closed cell and has a stretch factor of about 50%.
19. The cast net of claim 1 wherein the throw line is formed from a length of webbing material.

20. The cast net of claim 8 wherein the throw line is formed from a webbing material.